## Mental Health and Psychosocial Recovery after COVID-19

Principles for Psychosocial Recovery



Similar to other natural disasters, the COVID-19 pandemic will have an ongoing impact on mental health and well-being. Here are some key lessons from research and Alberta's own experiences about principles for psychosocial response and recovery.

## Principles for a Provincial Psychosocial Response to COVID-19

Increase feelings of security and reduce levels of emotionality in relation to the disaster Safety & Calming Involve local Promote equitable residents and Human access to supports, stakeholders and Community reduce unintentional Rights & build on available Capacity harm, and ensure Dianity resources and Building cultural safety capabilities Communication All principles rely on transparent and timely Integrated communication across & Multi-Social local and provincial Layered Fabric levels Support Integrate Recognize the complimentary significance of social services into wider, support and existing systems to Individual & sustained reach as many as Collective attachment, and possible in a rebuilding a sense of Healing sustainable way place Promote hope, meaning making, and support grieving, mourning,



and collective memorializing